

Crew Rest

GMT	Crew	Activity
12:30–12:40		Morning inspection
12:40–13:10		Personal hygiene (post-sleep)
13:10–14:00		BREAKFAST
14:00–14:30	CDR	Work prep
14:00–14:20	FE-1, PLT	
14:20–14:30		ORLAN dryout
14:30–14:45		Daily planning conference (S-band)
14:45–15:10	CDR	Daily status check of US payloads
14:45–15:35	PLT	Monitoring of gas analyzer status indicator (???)
15:10–17:05	CDR	Packing for UF-1
15:15–15:30	FE-1	Regeneration of absorption cartridge ? 1
15:35–16:30	FE-1, PLT	Tool stowage
16:30–17:30	FE-1	Physical exercise (TVIS)
16:30–16:40	PLT	ORLAN dryout
17:05–17:20	CDR	Private medical conference (S-band)
17:20–17:35	PLT	
17:20–19:00	CDR	Packing for UF-1
17:30–17:40	FE-1	Inspection of ???-1 separator
17:35–18:35	PLT	Physical exercise (TVIS)
17:55–18:10	FE-1	Private medical conference (S-band)
18:40–19:00	PLT, FE-1	Dryout of two Orlans (end)
19:00–20:00		LUNCH
20:00–20:40	PLT	Maintenance of ???
20:00–22:05	CDR	Packing for UF-1
20:00–20:50	FE-1	Orlan water tank refill
20:50–21:20	FE-1, PLT	Deactivation of Orlan and Orlan interface unit (???)
21:20–22:20	PLT	Physical exercise (TVIS)
22:05–23:35	CDR	Physical exercise (RED)
22:20–23:20	FE-1	Physical exercise (TVIS)
22:50–23:05	PLT	Reconfiguration of Regul-P from 1 st to 2 nd string
23:35–00:35	CDR	Physical exercise (TVIS)
00:35–01:15	CDR	Delta file downlink prep
01:15–01:45		Report prep
01:45–02:00		Daily planning conference (S-band)
02:00–02:30		DINNER
02:30–03:00		Daily food ration prep
03:00–04:00		Personal hygiene (pre-sleep)
04:00–12.30		SLEEP

Note: See OSTP for references to US activities
End of radiogram